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TITLE: STUDIES ON THE SYNERGISTIC FUNCTION OF QIGONG
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TEXT: AUTHOR ABSTRACT. DOCUMENT CONTAINS 1 GRAPH AND 1 DIAGRAM.

THIS PAPER HAS TWO PARTS. PART ONE DESCRIBES THE EFFECTS AND THE SYNERGISTIC FUNCTION OF THREE MAIN FACTORS OF QIGONG EXERCISES (REGULATION OF MIND; REGULATION OF THE RESPIRATION AND THE REGULATION OF BODY). PART TWO, BY USING THE PRINCIPLES OF SYNERGISTICS, EXPLAINS THE THEORETICAL BASIS OF SELF CONTROL AND SELF ADJUSTMENT OF THE MIND AND HUMAN BODY IN QIGONG EXERCISES. THUS, A NEW THOUGHT ABOUT QIGONG THEORY IS GIVEN.

PFN INFORMATION: PART 001

RELATES: XINHAI YANG AND XIZHONG ZHU ARE ASSOCIATED WITH HANGZHOU UNIV.

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FSUBORD: FACILITY SUBORDINATION DATA

PFN INFORMATION: PART 002

SOURCE PG: FROM SOURCE DOCUMENT PAGE 487
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PAGE 113

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